



Wellbeing with Nature



Cheshire

Learn wellbeing skills with the help of nature

This FREE **ONLINE** course is for adults near **Hassall Green (CW11 4XX)** who would like to learn more about how to use nature and our surrounding environment to support and enrich emotional and physical wellness. We will explore:

- Wellbeing and nature based mindfulness
- Sensory awareness
- Wildlife identification & attention to natural detail
- Natural crafts
- Folklore and tradition

In addition to this, you will be able to get involved with practical, hands-on activities to enhance natural areas and wildlife habitats in your garden or local green space.

Attendance certificates will be awarded to all eligible participants.

When and where?

11am – 12pm

When: Every Tuesday from 9th March – 13th April 2021

Where: Online via Microsoft Teams

How to book:

Please contact Josie Muncaster – 07920 139209
greenangels@thelandtrust.org.uk to book your place.

Places are limited so apply soon!



Booking is essential
For more information contact:
greenangels@thelandtrust.org.uk



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